



Example of the Believers

1 and 2 Timothy; Titus; Philemon

Objectives:

- Talk about the importance of being a good example.
- Emphasize ways we demonstrate that we are true believers.

Reinforces Principles of:

- Being an example
- Integrity

This Lesson contains 4 activities:

Choose the activities that fit your family's schedule.

Use on Mondays to introduce the topic, or the following Sunday to review.

Reverence Time: Song, prayer, scripture and video clip

Lesson Time: Lesson summary and points to ponder

Activity Time: Object lesson or activity

Treat Time: Prayer, theme related recipe



Reverence Time

Approximate Time: 5 minutes

Sing Together: “The Church of Jesus Christ” Children’s Songbook page 77
If you wish to print sheet music or have an online music file to accompany you visit:
<https://www.lds.org/music/library/childrens-songbook/the-church-of-jesus-christ>

Prayer:

Scripture Time: 1 Timothy 4:12

12 Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.

Video Clip: Watch clips from the Living Scriptures Streaming Library. You can find the clip at <https://www.livingscriptures.com/fhe-lesson-example-of-the-believers>



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary: These chapters are letters that Paul wrote to other leaders in the church – Timothy, Titus and Philemon. He gives them instructions, encouragement, and reminds them of his love for them. In one of his letters to Timothy, Paul encourages him to be “an example of the believers”. Throughout these chapters, Paul teaches how we can be true believers in Jesus Christ, or true Christians.

True Christians trust in the Savior and teach others the gospel. They study the scriptures and pray. They fulfill their callings and keep the commandments. They love and forgive others. What are some other ways we can be examples of the believers?

Points to

Ponder:

Why is it important to be a good example? (Discuss ideas)

Who are some good examples in your life? (Discuss ideas)

What do you think a “believer” does? (Discuss ideas).

What can you do to be an “example of the believers”? (Discuss ideas)

Quote:

“Through the Holy Spirit of Truth, may we all know “the only true God, and Jesus Christ, whom [He has] sent.” (John 17:3.) Then may we live Their teachings and be true Christians in deed, as well as in word.” *Elder Jeffrey R. Holland*



















Activity Time

What you need: A copy of “Believer Bingo”, scissors, and some small items to use as markers (beans, marshmallows, cereal, etc.)

Preparation: Print enough Bingo Cards that each family member can have one and cut apart.


Activity: Explain: Paul taught us to be examples of the believers. As Christians, we bear the name of Jesus Christ. In the chapters we’re reading this week, Paul mentions several things that true believers do. Each of the phrases on the BINGO cards are things Paul says we can do to better follow Jesus Christ and be true believers.

Hand out BINGO cards to family members. Call out phrases from the boxes below one by one and cover with a marker to keep track of which have been called. If family members have the phrase that was called on their card, they also cover their phrase with a marker. If someone covers 3 squares in a row, they call out BINGO and the game is won. Play as many rounds as you like. (Younger family members can use the colors and shapes to more easily find the squares, but may also need help from a parent or older sibling.)

<p>Trust in God  1 Timothy 4:10</p>	<p>Teach Others  1 Timothy 4:11</p>	<p>Study Scriptures  1 Timothy 4:13, 2 Timothy 3:16</p>	<p>Fulfill Callings  1 Timothy 4:14</p>
<p>Respect Elderly  1 Timothy 5:1-3</p>	<p>Be Content  1 Timothy 6:8</p>	<p>Have Patience  1 Timothy 6:11</p>	<p>Have Faith  1 Timothy 6:11</p>
<p>Don't be Highminded  1 Timothy 6:17</p>	<p>Do Good  1 Timothy 6:18</p>	<p>Clean Speech  2 Timothy 2:16</p>	<p>Say Nice Things  Titus 3:2</p>
<p>Have Charity  1 Timothy 3:5</p>	<p>Love Family  Titus 2:4</p>	<p>Dress Modestly  1 Timothy 2:9</p>	<p>Forgive Others  Philemon 1:11-12</p>

BINGO

Say Nice Things 

Be Content 

Clean Speech 

Don't Be Highminded 

FREE SPACE

Have Charity 

Fulfill Callings 

Teach Others 

Respect Elderly 

BINGO

Do Good 

Have Faith 

Forgive Others 

Love Family 

FREE SPACE

Trust in God 

Dress Modestly 

Study Scriptures 

Have Patience 

BINGO

Love
Family



Clean
Speech



Have
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**FREE
SPACE**

Have
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Trust in
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Say Nice
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Study
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Content



Trust in
God



Dress
Modestly





Treat Time

Approximate Time: 45 minutes

Prep Time: 5 minutes

Chill Time: 30 minutes

Bake Time: 6 minutes

Bear His Name Cookies

2/3 cup butter

1 cup white sugar

2 teaspoons vanilla extract

2 eggs

2 1/2 cups all-purpose flour

1/2 cup unsweetened cocoa powder

1/2 teaspoon baking soda

1/4 teaspoon salt



Cream together the butter or margarine, sugar and vanilla. Add the eggs. In a separate bowl, mix dry ingredients. Gradually add to the creamed mixture and blend. Chill until firm.

Preheat oven to 350 degrees F.

Treat Time: Give each child 1 ball for the body (1-inch), 1 ball for the head (3/4-inch), 4 small balls for arms/legs (1/1/2-inch), 2 smaller balls for ears, and 1 tiny ball for the nose. With a toothpick, draw eyes, mouth and a heart (fill in heart with red colored sugar) or use a candy heart. Bake for 6 minutes. Let cool 1 minute.

While the cookies bake talk about the importance being a good example and “bear”-ing the name of Jesus Christ.

Closing Prayer and blessing on the food.